



SINCE 1948

FANWOOD RESCUE SQUAD

Spring/Summer Newsletter 2022



PRESIDENT'S CORNER

Summer is here and we know everyone will be excited to go outside again. The Pandemic has kept many of us inside for greater than 2 years so it's important for us to remember to stay healthy & safe as we venture back outside during warmer weather. A few tips:

- Keep cool and seek shade during the midday hours (10 a.m. to 4 p.m.) when ultraviolet (UV) rays are at the greatest.
- Consider exercise early in the day or late afternoon/early evening.
- Stay hydrated by drinking plenty of fluids – water is one of the best options.
- Wear clothing that protects the skin such as a wide-brimmed hat to shade the face and sunglasses to protect your eyes from exposure to UV rays. Consider wearing loose-fitting, breathable, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Wear and reapply sunscreen as indicated on the package.
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone, or who are more likely to be affected by the heat.
- Never leave children or pets in your vehicle. During the summer, the inside temperature of a car can quickly rise to 120°F or more.



Stay safe & have a wonderful
Spring & Summer!

Jamie Pedinoff
President FRS

THE DOCTOR IS IN



May is important because it is Stroke Awareness Month. Stroke is the 5th leading cause of death and a leading cause of disability in the U.S. Sadly many people do not recognize the signs and symptoms of a potential stroke and this often leads to significant delays in

emergency care. Always remember that "time is brain" and delays in care can lead to serious long term deficits that are often life changing. The most important thing you can do is call 911 immediately. Early treatment leads to higher survival rates and lower disability rates. Calling 911 lets first responders begin care before arriving to the hospital. In addition, the EMT's and Paramedics will call

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PLEASE SUPPORT US – DONATE TODAY!

The Fanwood Rescue Squad is a 100% volunteer organization, and not a municipal entity. Your generous donations are used to maintain our emergency vehicles, and to purchase life-saving equipment and supplies.

We are an official 501(c)(3) non-profit organization. Your gift is tax-deductible as allowed by law.

Many companies match employee donations. Does yours? Double your impact!



Support Fanwood Rescue Squad, Inc. when you shop at smile.amazon.com/ch/22-6047101

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ahead and let the emergency department know there is a patient with a potential stroke coming before they even get there so the team of emergency doctors, nurses, CT techs and neurologists are all prepared for you or your loved one.

There are many different types of strokes, and they can be very complex. The most common cause is a blood clot in one of the vessels in the brain or supplying the brain from the neck, known as an ischemic (iss-kee-mik) stroke. This is the majority of strokes comprising around 85% of cases. These are treated with medications to break up the clot immediately. There are various ways this can be done but it is an extremely time-sensitive treatment. If too much time has passed there is an increased risk of significant complications.

The other main cause of a stroke is the opposite of a blood clot, a rupture of a blood vessel in the brain. This type of stroke is called a hemorrhagic stroke. These of course are not treated with clot busting medications as it would make things worse. Treatment for these often will require a neurosurgeon immediately.

In order to seek and begin the diagnosis and treatment, someone has to recognize the signs and symptoms and act immediately. There are several memory tools which have been developed to help. One of them is the **F.A.S.T.** mnemonic.

F - Face drooping on one side
A - Arm weakness
S - Speech Difficulty
T - Time to call 911

Another more recent tool is **BE FAST**

B - Balance - is there a sudden loss of balance?
E - Eyes - Sudden loss/change in vision

F - Face - Does it look uneven?
A - Arms - Weakness in one or both arms?
S - Speech - Is the speech slurred? Do they have trouble speaking or seem confused?
T - Time - Call 911

One of the most important pieces of information the healthcare team will need is the patient's last time known well. This is the time that you last saw the patient without stroke symptoms. This information helps determine the course of treatment and is invaluable.

Knowing how time-sensitive and dangerous this can be, your ability to notice these signs and immediately call for help can make all the difference.

Daniel Friedman, DO
Medical Director



MEMBER SPOTLIGHT

ADAM KERN

My name is Adam Kern, I am a high school student and a provisional member of the Fanwood Rescue Squad. I joined the Rescue Squad back in November of 2021 and I have enjoyed every second of becoming a member. I've always been interested in the field of EMS and emergency services in general. None of my relatives or anyone close to me has been in the field of emergency services but I have always been fascinated by it, whether it's the cars, sirens, lights, or the adrenaline rush you get when an emergency vehicle whizzes by you. My favorite part about being a member of the Rescue Squad is the variety involved with volunteering. You never know what's going to happen on a call and how you're going to help people in a way they'll probably never forget.

As a provisional member of the Rescue Squad, I am gaining experience on emergency calls and learning from fellow members before becoming a certified EMT. I plan on taking the classes needed to attain my EMT Basic Certification this summer. Being a part of the Rescue Squad allows me to gain clinical experience that will assist me in my pursuits after graduating. After high school, I plan on attending college and becoming a New Jersey Registered Nurse. I plan on continuing volunteering with the Rescue Squad for years to come, and I am proud to be able to serve the community of Fanwood in the way that I do.

